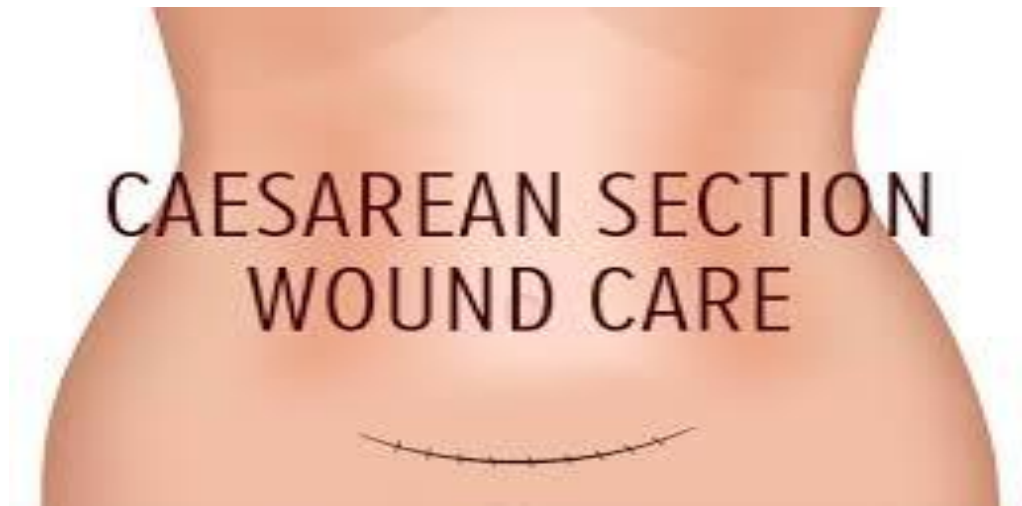




Caring for a Caesarean Section wound at Home

A short guide for patients and carers



(Ref:65doctor.com)

What can I do to avoid getting an infection?

What is a surgical wound?

A surgical wound is a cut made to the skin whilst undergoing an operation/procedure by a surgeon. Afterwards you will have a scar which will heal but will be permanent.

How should I look after my wound?

Always wash your hands before and after touching your wound/dressing and before and after changing any sanitary towels.

After 48hrs the midwife may change your dressing and check your wound. 5 days after you had your baby if your dressing has not been removed yet you should remove it.

Keep your skin generally clean, especially in your groin area. You will be able to shower as soon as you feel physically able but you should avoid having a bath until your dressing is removed 5 days after your operation.

Do not put any soap or products directly onto the healing wound.

If your stomach is covering your wound try to lift it gently and shower underneath.

Pat the wound dry gently with a clean towel after bathing or showering. Do not rub the wound.

Wear loose-fitting underwear to prevent rubbing the wound – boxer shorts are often most comfortable.

Occasionally the end of the stitch (which can look like nylon fishing line) may poke through the skin where the knot is tied. Please do not pull this. It will fall off naturally. If it is catching on your clothing, ask your midwife or GP to trim it for you.



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What else can I do?

- Rest when possible – Try to sleep when your baby does.
- Eat a healthy diet and drink plenty of fluids.
- Do not lift anything heavier than your baby for six weeks.
- Do not drive for six weeks.

What do I need to know about my Caesarean Section?

About You

You had your Caesarean Section because

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The RCOG (Royal College of Obstetricians & Gynecologists) would recommend you avoid getting pregnant for

Your surgeon has recommended that if you become pregnant again for your delivery next time you should consider:

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You have Vicryl 2- 0 / Prolene / Clips to close your wound.

You have a dressing in place, which should stay covering your wound for5..... days.

Your sutures are dissolvable Yes/No

Special instructions regarding your wound:

Including plan for suture removal if required.

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Reference

Caesarean Section Wound Care-Singapore 2018, <http://65doctor.com/health/caesarean-section-wound-care>, accessed 17/01/2019

From 1st January 2019 smoking will not be permitted on any NHS site in England. Smoking will not be permitted within any of our buildings or anywhere outside on our sites. Smoking facilities will not be provided. Please be considerate of others when vaping in hospital grounds.

This information sheet is available to order in other languages and formats. If you would like a copy, please contact us on 01793 604031 or email gwh.pals@nhs.net

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